Use this page to record your plans for introducing Time to Calm Down in the family.

**Practice Sheet**

**Planning Time to Calm Down**

Situations where you might want to use Time to Calm Down with your children:

What can I do to calm myself:

Calming places I can think of to encourage calming:

What I can use as a calming visual object:

What we might do together when Time to Calm Down is over:

What changes are you hoping to see in your child’s behaviour?
**Practice Sheet**  
**Thinking About our Family Rules**

<table>
<thead>
<tr>
<th>Dos</th>
<th>Don'ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

**Reward**

**Penalty**

---

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## Practice Sheet
### Our Family Rules

<table>
<thead>
<tr>
<th>DOs</th>
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</table>

**Reward**

**Penalty**

---

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Practice sheet
Giving choices and consequences

.............................. you have a choice.
(child's name)

You can either .................................................................
(positive behaviour choice)

...or you can .................................................................
(negative behaviour choice)

If you choose .................................................................
(positive behaviour choice)

...then .................................................................
(positive consequence)

If you choose .................................................................
(negative behaviour choice)

...then .................................................................
(negative consequence)

It’s up to you - it’s your choice.
(It’s crucial to finish by saying this)
Practice sheet
Giving an "I" Statement

I feel (say how you feel) .................................................................

When (describe the situation and avoid using 'you') ..............................
..................................................................................................................

Because (state your need that is not being met and why it matters)
..................................................................................................................
..................................................................................................................

What I’d like is (describe what would help you to meet your need)
..................................................................................................................
..................................................................................................................
..................................................................................................................

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Ages and Stages Quiz

0 - 2 years

2 - 4 years

4 - 7 years

7 - 9 years

9 - 12 years
Growing Up checklist

One way to check out how well we are helping our children learn to become capable and independent is to talk through this list with them, and find out what they are ready to learn. If necessary, show them what to do – and then let them do it! It isn’t only the skill they gain – they also learn to take responsibility for the task. Only step in if their failure to do something is harmful, such as a pet suffering because it hasn’t been fed. If you agree with a teenager that he’s responsible for his own washing, and he discovers at the last minute that his favourite shirt isn’t clean for a party, that’s his problem, not yours.

- Making the bed
- Tidying bedroom
- Choosing clothes
- Dressing
- Tying shoelaces
- Tidying up toys
- Getting up in time
- Making school lunches
- Getting breakfast
- Making tea, toast
- Cooking, washing up
- Washing face, brushing teeth
- Having a bath on your own
- Laying and clearing the table
- Helping with housework
- Putting away clothes
- Sorting out disagreements
- Feeding/caring for pets
- Ironing
- Crossing road without holding hands
- Crossing road alone
- Doing homework unsupervised
- Going to the local shop
- Making phone calls
- Making appointments (doctor, etc.)
- Choosing TV programmes/DVDs
- Cleaning the car
- Navigating on journeys
- Organising time for homework/fun
- Painting and decorating
- Gardening
- Mending bicycle punctures
- Deciding how to spend pocket money
- Earning money
- Arranging when to see friends
- Choosing/buying presents
- Travelling without an adult
- Having a boyfriend/girlfriend
Before working out a problem with the family, you might like to have a go at thinking through a problem using the practice sheet to guide you.

Choose something manageable to begin with – not the most difficult thing you’ve ever had to confront!

**Practice Sheet**

**Problem Solving**

What exactly is the problem?

Whose problem is it?

What has already been tried?

What is the goal - what would solve the problem?

Ways to reach the goal:

What to try:
Which of these feels important for your family? Fill in the coins with ideas from the list – and of course add any extra ones of your own.
Remember - this list is here for you to look at on a bad day.

**Practice Sheet**

**Emergency Survival Kit**

My personal survival kit:

1. 

2. 

3. 

4. 

5. 

My emergency parenting kit:

1. 

2. 

3. 

4. 

5. 

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